

STIRRED

into action



A Call To Walk Together

MEET OUR NEW EXECUTIVE DIRECTOR

Meet Katheryn Trainor, STIR's new Executive Director! With a rich blend of corporate, nonprofit, and life experiences, she leads with both expertise and heart.

Discover the unexpected journey that led her to STIR—click below to read her story or watch the video to hear from her directly.

[READ MORE](#)

Growing Strong!



29

retreats



335

retreatants



39

volunteers

Cities Across Canada are Answering the Call

Montréal

Montréal's STIR community is thriving with passion and purpose! In one short year, we have:

- Grown our facilitator team to 6, with 12 more in discernment
- Provided monthly formation for facilitators
- Fostered fellowship and spiritual renewal at an annual retreat
- Held 5 retreats, with 5 more planned for this year
- Guided 60 retreatants — and counting

Read how Mary, STIR's city lead for Montréal, turned caution into courage to answer the call to STIR.

[MARY'S CALL TO STIR](#)



Mary Ohanessian

Women's Retreat - Villa St. Joseph



Toronto

PARISHES ANSWER THE CALL

The new Friend/Fund-Raising Campaign is launching across Toronto parishes to inspire support and expand STIR's community of donors.

[LEARN MORE](#)



Maritimes

VOLUNTEERS ANSWER THE CALL

Six new STIR volunteers joined our first Maritime retreat/training at Tatamagouche Centre in May. With momentum building, a second session is set for April 2025!

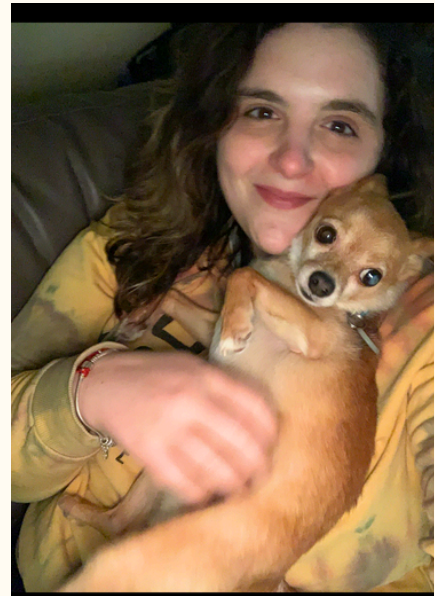
[READ MORE](#)

A New Call

JAMIE'S STORY

Jamie attended a women's retreat and was deeply moved by another retreatant's story. "Hearing her witness, so similar to my own, touched me deeply ... it made me feel safe enough to open up and share mine. I'm incredibly grateful to the women at STIR for creating a space where we can connect—with each other and our Higher Power."

[READ JAMIE'S STORY](#)



[Jamie and Dennis]



[Miguel on left]

Why the Call to STIR Matters

MIGUEL'S STORY

Miguel attended a men's retreat and left with a renewed sense of purpose. "The STIR spiritual retreat was a pivotal moment in the redirection of my life. It reinforced my deep desire to make meaningful changes and offered a profound sense of clarity about the next steps I needed to take."

[READ MIGUEL'S STORY](#)

It's Your Turn to Answer the Call

SUPPORT STIR RETREATS

STIR offers transformative spiritual retreats to people who are experiencing homelessness or living in transitional shelters and seeking recovery from addictions. We invite them to encounter God's love, hope and healing through spiritual companionship that reshapes lives and relationships.

[DONATE](#)

[learn more](#)

WWW.STIRRETREATS.ORG